

September Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance. \$4.68 per person per meal. Milk, juice and bread are offered each meal. Menus are subject to change.</p>			
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
			1 Beef Stroganoff Parslied Noodles Cucumber Sour Cream Salad Diced Peaches
5 Center is Closed Enjoy the holiday!	6 Sliced Beef Burgundy Sliced Potatoes 3 Bean Salad	7 BBQ Chicken Sandwich On a Sandwich Bun Fresh Potato Salad Diced Pears	8 Split Pea Soup Tuna Salad Sandwich Carrot & Raisin Salad Hot Fruit Cup
12 Sloppy Joe Sandwich Cole Slaw Cinnamon Apples	13 Salisbury Steak w/ Gravy Steamed Rice Copper Pennies Plum Halves Strawberry Waffle Snap	14 Multi Bean Soup Chicken Salad Sandwich Lettuce & Tomato Pickled Beets Pineapple Tidbits	15 Lunch and Learn: Going Green Beef Hot Dog Baked Beans Tropical Fruit
19 Turkey Burger w/Swiss Cheese Lettuce & Tomato Stewed Tomatoes Hot Fruit Cup	20 Baked Chicken Calvados Wild Rice Seasoned Spinach Plum Halves Vanilla Pudding	21 International Peace Day Luncheon Stuffed Chicken Breast Mashed Potatoes Peas & Onions Apple Pie	22 Sliced Peaches Meatloaf with Gravy Mashed Potatoes Multi Bean Salad
26 Roast Turkey Chunks Brown Rice Pilaf 3 Bean Salad Mandarin Oranges	27 Beef Eye Round w/Gravy Sliced Potatoes Cucumber & Tomato Salad Cinnamon Snap	28 Center is Closed Toby's Dinner Theatre Trip	29 Beef Burger w/Cheddar Cheese Baked Beans Cole Slaw Chilled Plums

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The current cost is \$4.68 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.